

Gonna Rise Up

COPPER **KNOB**
BY SHEETS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Martine Canonne (FR) - 1 February 2022
音乐: Dry Bones - Gregory Porter & Troy Miller : (Album : Still Rising - iTunes)



Choreography presented during the event "Les Rencontres Nationales" Issoudun (Fr) Mars 2022
Start : 2 counts

BACK RF, KICK LF, ROCK BACK, STEP ¼ R, CROSS LF, SWEEP RF

1 - 2 Step RF back, kick RF forward
3 - 4 Step LF back, recover onto RF
5 - 6 Step LF forward, turn ¼ right (weight onto RF) (03:00)
7 - 8 Cross LF over RF, sweep RF from back to front

STEP RF FWD, TOUCH LF, BACK LF, KICK RF, BACK-TOGETHER-BACK RF, TOUCH (OR HOLD)

1 - 2 Step RF forward, touch toe LF behind RF
3 - 4 Step LF back, kick RF forward
5 - 8 Open your body diagonally right (face 04:30) stepping RF back, step LF next to RF, step RF back, touch LF next to RF (Option count 8 : hold)

BACK LF, TOUCH RF, STEP RF, BRUSH LF, STEP ¼ R, CROSS LF, POINT RF

1 - 2 Open your body diagonally left (face 01:30) stepping LF back, touch RF next to LF
3 - 4 Return face 03:00 stepping RF forward, brush LF next to RF
5 - 6 Step LF forward, turn ¼ right (weight onto RF) (06:00)
7 - 8 Cross LF over RF, point RF to right side

*** RESTART here wall 6 face 12:00 and wall 11 face 06:00

STEP RF, POINT LF SIDE-FWD-SIDE, BACK LF, POINT RF SIDE-FWD-SIDE

1 - 4 Step RF forward, point LF to left side, point LF forward, point LF to left side
5 - 8 Step LF back, point RF to right side, point RF forward, point RF to right side

FINAL : for finish face 12:00, make : point RF behind LF, turn ½ turn (weight onto RF)

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